





## Sample Schedule 28 Days New Life Transformation

	WEEK 1						
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
[	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6:45 AM				6.45am Morning Meditation			6.45am Morning Meditation
7:15 AM		Get your coconut		Get your coconut		Get your coconut	Get your coconut
7:30 AM		Detox Breakfast	Get your coconut	7.30am Aerial Yoga	Get your coconut	7.30am Enema (4)	7.30am Enema (5)
8:30 AM			8.30am Enema Intro	7.30am Aeriai Toga	Detox Breakfast		Detox Breakfast
9:00 AM				Detox Breakfast	9am Aerial Yoga or Vinyasa	Detox Breakfast	9am Vinyasa Breathwork
9:30 AM		9.00am - 2.00pm Udara Sunday	Detox Breakfast	9.30am Enema (2)	Jani Aeriai Toga oi Viliyasa		9am vinyasa bi eathwork
10:30 AM		Festival (Yoga, Ecstatic Dance,	10.30am Hatha			10.30am Quantum Breathwork	10.30am Qi Gong
11:00 AM		Sound Healing, Celebration of	10.300111110110	Sauna / Steam Room		10.50diii Quantum Bredtiiii Ork	10.50d.iii Qi 0011g
12:00 PM		Life)	Sauna / Steam Room		12pm Enema (3)	Detox Lunch	Sauna / Steam Room
1:00 PM			Detox Lunch	Detox Lunch	Detox Lunch		Detox Lunch
2:00 PM	Check-in	Detox Lunch	2pm Floating Sound Meditation	2pm Offering Workshop	2pm Reiki	2pm Balinese Massage	2pm Nutritional Consultation
3:00 PM	2 Oi Cirel	Sauna / Steam Room	2pm r loating 30th a liveuration				Sauna / Steam Room
3:45 PM	3pm Opening Circle and Introduction &	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice
4:00 PM	Green Break Juice	3.30pm Balinese Massage	4pm Pilates	4pm Water Yoga or Aerial Yoga	4pm Happy Healing Flow	4pm Hatha Yoga	4pm Lymphatic Massage
5:30 PM						500 00 : 11 1 : 0	
6:00 PM	6pm Celestial Sunset 6pm Yin Yoga & Sound Light Welcome Dinner Detox Dinner	Cara Via Vana R Saura	Com Vin Vone 8 Count	6pm Crown Chakra Treatment		5.30pm 90min Hyperbaric Oxygen Chamber	5 20 mm April 17-m
7:00 PM		6pm Yin Yoga & Sound		6pm Celestial Sunset	Chainber	5.30 pm Aerial Yoga	
7:30 PM		Detox Dinner	Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner
8:00 PM	Sauna / Steam Room		Sauna / Steam Room	Sauna / Steam Room	Detox Dinner	Sauna / Steam Room	

## WEEK 2

	WEEK Z							
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
6:45 AM				6.45am Morning Meditation			6.45am Morning Meditation	
7:15 AM	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	
7:30 AM	Detox Breakfast	Detox Breakfast	7.30am Aerial Yoga	7.30am Aerial Yoga	7 20am Aorial Yoga	7.45am Vocal Healing		
8:30 AM			7.50aiii Aeriai roga	7.50am Aeriai Yoga	7.30am Aerial Yoga		Detox Breakfast	
9:00 AM	9am Vinyasa		Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	Sauna / Steam Room	
9:30 AM	9aiii Viiiyasa				Excursion to sacred Water Temple			
10:30 AM		9.00am - 2.00pm Udara Sunday Festival (Yoga, Ecstatic Dance,	Sauna / Steam Room	Sauna / Steam Room		10.30am Quantum Breathwork	10am Sound Healing Journey	
11:00 AM	11am Colonic Hydrotheraphy	Sound Healing, Closing Circle)						
12:00 PM		Sound Ficaling, closing circle)	12pm Enema (6)	12.00pm Enema (7)		12.00pm Enema (8)	12.00pm Enema (9)	
1:00 PM	Detox Lunch		Detox Lunch	Detox Lunch		Detox Lunch	Detox Lunch	
2:00 PM	2pm Balinese Massage	Detox Lunch	2pm Foot Massage	2.00-3.30pm 90min Hyperbaric	(Detox Lunch take away)	2pm Lymphatic Massage		
3:00 PM		Sauna / Steam Room		Oxygen Chamber	(Detax Editer take divay)			
3:45 PM	Green Break Juice	Green Break Juice	Green Break Juice	oxygen enamber		Green Break Juice	Green Break Juice	
4:00 PM	4pm Gentle Flow	4pm Gentle Flow	4pm Pilates	Green Break Juice		4pm Hatha Yoga	4pm Water Yoga	
5:30 PM				5.20 4 1.17			500 A 11V	
6:00 PM	Come Colombial Courses	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound 6pm Yin Yoga & Sound	Com Vin Vonn & Count	5.30pm Aerial Yoga	6pm Balinese Massage	Cara Via Vana O Carrad	5.30 pm Aerial Yoga
7:00 PM	6pm Celestial Sunset			opini riii roga & Sound	Detox Dinner	Detox Dinner	6pm Yin Yoga & Sound	Detox Dinner
7:30 PM	Detox Dinner	Detox Dinner	Detox Dinner			Detox Dinner		
8:00 PM	Sauna / Steam Room			Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	Sauna / Steam Room	

## WEEK 3

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
6:45 AM				6.45am Morning Meditation			6.45am Morning Meditation	
7:15 AM	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	
7:30 AM		Detox Breakfast	7.30am Enema (10)	7.30am Aerial Yoga	7.45am Vocal Healing	7.30am Aerial Yoga	9.30am Enema (13)	
8:30 AM	Detox Breakfast		Detox Breakfast	7.30am Aeriai Toga	7.43am Vocai Healing	7.30am Aeridi Toga	Detox Breakfast	
9:00 AM	9.00am Aerial or Vinyasa Yoga		9am Aeria or Vinyasa Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	9am Gentle Flow or Aerial Yoga	
9:30 AM	9.00am Aeriai or Villyasa Toga		Jani Aeria di Viliyasa Toga	9.30am Enema (11)			Sam Gentle Flow of Aeriai Toga	
10:30 AM		9.00am - 2.00pm Udara Sunday						
11:00 AM	11am Colonic Hydrotheraphy	ic Hydrotheraphy Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)	10.30am-12pm 90min Hyperbaric Oxygen Chamber	10.30am Qi Gong	10.30 Gentle Flow	10.30am Quantum Breathwork	11am Priate Water Massage Treatment	
12:00 PM					12 pm Enema (12)	Detox Lunch		
1:00 PM	Detox Lunch		Detox Lunch	Detox Lunch	12pm Sound Healing Journey	Detox Lunch	1pm Aerial Yin	
2:00 PM	2pm Private Sound healing	Detox Lunch	2pm Balinese Massage	2pm Lymphatic Massage	Detox Lunch			
3:00 PM								
3:45 PM	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice	Green Break Juice		Green Break Juice	
4:00 PM	4pm Gentle Flow	4pm Balinese Boreh (scrub)  Sauna / Steam Room	Sauna / Steam Room	4 pm Aerial Yoga	4pm Happy Healing Flow	Visit to traditional Balinese Healer	4pm Hatha or Water Yoga	
5:30 PM								
6:00 PM	6pm Celestial Sunset	6pm Yin Yoga & Sound	6pm Yin Yoga & Sound	Sauna / Steam Room	6pm Balinese Massage		Sauna / Steam Room	
7:00 PM	opin Celestial Sunset	opin celestial suriset	opini niin roga & Sounu	opin nii roga & Sound	Detox Dinner	-		
7:30 PM		Detox Dinner	Detox Dinner		Detox Dinner	Detox Dinner	Detox Dinner	
8:00 PM	Detox Dinner				Sauna / Steam Room	Sauna / Steam Room		

WEEK 4

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	
6:45 AM				6.45am Morning Meditation				
7:15 AM	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	Get your coconut	
7:30 AM		Detox Breakfast	7.30am Enema (14)	7.30am Aerial Yoga	7.45am Vocal Healing	7.30 am Aerial Yoga	7.30 am Aerial Yoga	
8:30 AM	Detox Breakfast		Detox Breakfast	7.30am Aeriai Toga				
9:00 AM	9.00am Aerial Yoga		9am Aerial or Vinyasa Yoga	Detox Breakfast	Detox Breakfast	Detox Breakfast	Detox Breakfast	
9:30 AM	3.00am Aeriai Toga		Salli Aeriai Oi Villyasa Toga	9.30am Enema (15)		9.30am Enema (16)		
10:30 AM		9.00am - 2.00pm Udara Sunday	Sauna / Steam Room	10 30am Oi Cong	10.30 Gentle Flow	10.30am Quantum Breathwork	11.00 am Closing Circle	
11:00 AM	11am Colonic Hydrotheraphy	Festival (Yoga, Ecstatic Dance, Sound Healing, Closing Circle)		10.30am Qi Gong				
12:00 PM	Detox Lunch	Sourid Fleating, Closing Circle)	12pm Balinese Massage	12pm Nutrition and Lifestyle Talk	12pm Colonic Hydrotheraphy		Break the Fast Plate & Check-out	
1:00 PM			Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch		
2:00 PM	2pm Private Water Healing	Detox Lunch		2.30 pm Myofascial Release & Yin	2.30pm Water Yoga	2pm Balinese Massage		
3:00 PM				2.30 pili iviyorasciai kelease & fili	2.50pm water roga			
3:45 PM	Green Break Juice	Green Break Juice	3pm Sound Healing Journey	Green Break Juice	Green Break Juice	Green Break Juice		
4:00 PM	4pm Gentle Flow	4pm Balinese Lulur (scrub)	spin sound healing Journey	Sauna / Steam Room	Excursion to Tanah Lot Temple	Sauna / Steam Room		
5:30 PM		Sauna / Steam Room	Green Break Juice	5.30pm Aerial Yoga	Excursion to runan Est remple	5.30pm 90min Hyperbaric Oxygen Chamber		
6:00 PM	6pm Celestial Sunset	unset 6pm Yin Yoga & Sound	6pm Yin Yoga & Sound					
7:00 PM				Detox Dinner	Detox Dinner	Chamber		
7:30 PM	•	Detox Dinner	Detox Dinner		·	Detox Dinner		
8:00 PM	Detox Dinner			Sauna / Steam Room				
Free access to Sauna and Steam Room, Warm Pool, Jacuzzi, Ice Bath Room, Meditation Cave, Udara Sunday Festival, Sound Healing Ceremonies, Celestial Sound Healing Concert, Bicycles to explore the local area								

Note: This is a sample schedule. Individual timings might be different during your program